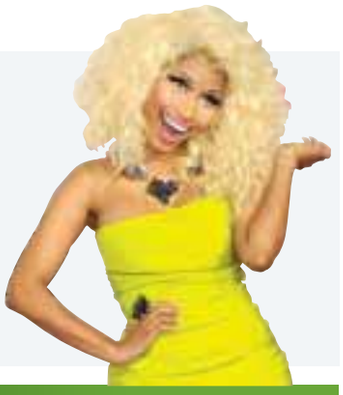
Stamps-Argos showdown set

The two teams took their respective division finals Sunday and will battle it out in Toronto for the 100th Grey Cup PAGE 14

BLOND LUCK

NICKI MINAJ PICKS UP SOME HARDWARE AT THE AMERICAN MUSIC AWARDS ALONG WITH RIHANNA, CARLY RAE JEPSEN AND THE BIEBS PAGE 9



SASKATOON metro®

Monday, November 19, 2012

News worth sharing.

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SANTA COMES TO TOWN

Thousands of people in the city lined the streets of downtown to catch a glimpse of Santa Claus on Sunday afternoon. Approximately 50 floats participated in this year's Santa Claus Parade. Photo gallery, page 4. MORGANMODJESKI/METRO

Getting it done post-tax credit

The filmmakers behind Bread Thieves got resourceful in financing the Regina-shot crime drama PAGE 3

No ceasefire in sight

The death toll rises in Gaza as Israel and the territory step up their attacks PAGE 6

Get some fire in your belly

This untraditional take on the French stew known as pot-au-feu serves up flank steak and assorted vegetables with wasabi cream PAGE 12

HURRY, offer ends November 25

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History

Museum moves to balance budget with fee hike, closings, staff cuts

A Saskatchewan museum that preserves the history of the Prairies say they're on track to a balanced budget.

The Western Development Museum started off the year with worries that a $465,000 funding gap would put it into the red.

But executive director Joan Champ says measures like an admission fee hike, cutting unstaffed positions and closing down on Mondays should put the museum in the black this year. **CKOM/THE CANADIAN PRESS**

Designated driver

Operation Red Nose comes to Saskatoon

Operation Red Nose will be kicking off in Saskatoon for the first time this holiday season.

The free designated driver service will be available to motorists within Saskatoon city limits who have had a drink, or simply don't feel fit to drive. A team of three volunteers will pick up a motorist who phones Operation Red Nose and will drive the motorist in the motorists vehicle to their destination.

Hours of operation are 9 p.m. to 2 a.m. Nov. 30, Dec. 1, Dec. 7, Dec. 8, Dec. 14, Dec. 15, Dec. 21, Dec. 22, Dec. 28, Dec. 30 and Dec. 31.

The service is offered free of charge, but donations to the Millennium Lions Club of Saskatoon are welcome. The club has chosen Lion's speedskating and the Lion's band to donate the funds to.

To access the service call 371-7099, or 371-8009. To become a volunteer contact 382-3708. **METRO**

From left: Derick Mason, Gregory King, Jordan Lee and Jerran Fraser are all actors in the independent film Bread Thieves, set for release sometime in 2013.
CONTRIBUTED/B.E.ZEE PRODUCTIONS

Filmmakers get creative after cuts

Saskatchewan Film Employment Tax Credit. Bread Thieves is part of new generation of Sask. films being made without benefit of film tax credit

JEFF MACKEY
jeff.mackey@metronews.ca

"Fate deals you a bad hand and then you either bluff, or you cheat, or you lose."

This line is from the preview of the independent Saskatchewan film Bread Thieves and it says a lot about the movie and its production.

It finished filming in Regina about three weeks ago and is currently in post-production.

"We honestly were dealt a bad hand," said Dawn Bird, producer of Bread Thieves and veteran of the Saskatchewan film industry.

Bread Thieves is a gritty crime film filled with action, drugs, money and drama. It is currently set for release sometime in 2013.

The movie is part of a new generation of Saskatchewan films that are being made without the Saskatchewan Film Employment Tax Credit, which was done away with by the provincial government earlier this year.

While many in the local film industry have left Saskatchewan for greener financial pastures, Bread Thieves was created and produced entirely in Saskatchewan.

"Now that there is no more tax credit available for us I had to prove that I had the ability and the resources to actually get a film done here," said Bird.

But that is not to say that the removal of the credit didn't affect Bird's productions.

"We actually had another film that we were working on called White, and White was going to be a $150,000 film," said Bird, who had to cancel pre-production of White when the cut was announced because financing was going to become too difficult.

Instead Bird and her crew made Bread Thieves, a much smaller, $10,000 crime movie that could be financed without the credit.

Bread Thieves has relied on individual contributions from friends and independent investors. To help finance its post-production the crew created a campaign to collect public donations at indiegogo.com.

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Saskatoon gets early visit from jolly ol' St. Nick

Thousands of people lined the streets of downtown Saskatoon on Sunday afternoon waiting for the big man in red to make his appearance at the city's 22nd annual Santa Claus Parade.

MORGAN MODJESKI
morgan.modjeski@metronews.ca

1 Christmas is coming!

Parade participants on the Saskatoon and District Kinette Club's float look a little tired as they travel down 3rd Avenue South in Saskatoon's downtown.

2 Mayor's greeting.

Mayor Donald Atchison was one of the many people present at this year's Santa Claus parade.

3 A patient parade participant.

Four-year-old Lucas Meier leans against a fire hydrant as he waits for his chance to get a glimpse of ol' St. Nick.

4 Some seriously cool elves.

Even though these parade participants on the Martin Motor Sports float look cool, the weather for this year's event was parade-perfect, as temperatures at the time of the event were 3 C.

5 Stocking stuffers.

Parade participants hand out holiday treats to young onlookers.

6 National champs.

The Saskatoon Hilltops, winners of the 2012 Canadian Junior Football League's national title, travel down 3rd Avenue South with the Canadian Bowl trophy.

Defence Minister Peter MacKay fields questions at the end of the Halifax International Security Forum on Sunday. Delegates discussed pressing security issues, including the impact of the American presidential election, the turmoil in Syria, cyber-security and modern warfare. ANDREW VAUGHAN/THE CANADIAN PRESS

MacKay calls on Russia to exert influence in Syria

Call to action.
Ongoing threat of war in the Middle East at the forefront of global forum of 300 delegates from 50 countries

Defence Minister Peter MacKay called on Russia on Sunday to exert influence to end the Syrian civil war, accusing Russia of standing on the sidelines while Syria is "coming apart at the seams."

MacKay told a press conference at the Halifax International Security Forum that Russia — one of Syria's most important allies — should use its weight to end the conflict.

"We know in Syria there are countries like Russia that could be far more proactive, who could exert considerable influence and use their weight with (Syrian President Bashar Assad's) regime to end the violence," MacKay said just after giving his closing remarks at the three-day conference.

"If Russia truly wants to be embraced as a democratic, productive member of the world community, this is a time for them to show the right stuff."

Russia has backed Syria at the United Nations Security Council by repeatedly vetoing resolutions aimed at pressuring the Syrian government to end the war.

MacKay said Prime Minister Stephen Harper has recently met with Russian President Vladimir Putin but did not go into the details of the discussion. THE CANADIAN PRESS

Rescue efforts. At least 2 dead, several seriously injured in plane crashes

Rescue crews on snowmobiles had to beat a path through thick bush in northern Manitoba on Sunday to reach the survivors of one of two fatal plane crashes that took place on the Prairies over the weekend.

Low cloud cover meant a rescue aircraft was unable to reach seven people who were injured after a plane en route to Winnipeg from Snow Lake, Man., went down just after 10 a.m. local time on Sunday.

The crash, which killed at least one person, came after a separate aircraft went down in northern Alberta on Saturday evening, killing the 52-year-old pilot, who was the plane's sole occupant.

In Sunday's incident, authorities said a Cessna 208 Caravan went down in a remote area about 10 kilometres from the town of Snow Lake, Man., which is some 700 kilometres north of Winnipeg.

Rescuers

A Canadian Forces Hercules aircraft was dispatched and rescuers on board had parachutes they could use to reach the survivors, but crews weren't able to jump because the cloud ceiling was so low.

Police said the pilot, a 40-year-old man from Snow Lake, was killed and that seven others were injured, some seriously.

RCMP, volunteer firefighters, wildlife officers and other locals had to use snowmobiles to reach the scene.

The injured were brought to a small health centre in Snow Lake, but poor visibility at the time meant that medevac flights that would have carried them to larger hospitals couldn't land.
THE CANADIAN PRESS

Factory women

Workers exposed to toxic chemicals face cancer risk: Study

Women in Windsor, Ont.'s plastic automotive parts factories have complained of pungent fumes and dust that caused nosebleeds, headaches, nausea and dizziness. Some spoke of smouldering blobs of plastic dumped directly onto the floor near where they worked.

"People were getting sick, but you never really thought about the plastic itself," said Gina DeSantis, who has worked at a plant near Windsor.

A newly released six-year academic study draws a striking conclusion: Women employed in the automotive plastics industry were almost five times as likely to develop breast cancer, prior to menopause, as women in a control group.
TORSTAR NEWS SERVICE

Eleven civilians killed in fierce Israeli attack on Gaza City

Escalating conflict.
Missile strike amounts to single deadliest incident of current operation

An Israeli missile flattened a two-storey house in a residential neighbourhood of Gaza City on Sunday, killing 11 civilians, mostly women and children, Palestinian medical officials said, as Israel expanded a military offensive to target homes of wanted militants.

The attack, which Israel said targeted a militant, was the single deadliest incident of the five-day-old Israeli operation and hiked a toll Sunday that was already the highest number of civilians killed in one day, according to Gaza medics. The bloodshed is likely to raise international pressure for a ceasefire, with Egypt taking the leading role in mediating between Israel and Hamas.

U.S. President Barack Obama said he had been in touch with the leaders of Israel, Egypt and Turkey in an effort to halt the fighting. "We're going to have to see what kind of progress we can make in the next 24, 36, 48 hours," he said.

Obama cautioned against a potential Israeli ground invasion into Gaza, warning it could only deepen its death toll. At the same time, he blamed Palestinian militants for starting the round of fighting by raining rockets onto Israel, and he defended Israel's right to defend itself.

"Israel has every right to expect that it does not have missiles fired into its territory," Obama said in Thailand at the start of a three-nation tour in Asia.

An Israeli envoy arrived in Cairo on Sunday and held talks with Egyptian officials on a ceasefire, according to Egyptian security officials and Nabil Shaath, a top aide of Palestinian President Mahmoud Abbas who was in the Egyptian capital.

But Israel and Gaza's militant Hamas rulers remain far apart on any terms for a halt in the bloodshed, which has killed 70 Palestinians — including 36 civilians, according to Gaza health officials — and three Israeli civilians.

Hamas is linking a truce deal to a complete lifting of the border blockade on Gaza imposed since Islamists seized the territory by force. Hamas also seeks Israeli guarantees to halt targeted killings of its leaders and military commanders. Israeli officials reject such demands. They say they are not interested in a "time-out," and want firm guarantees that militant rocket fire into Israel will finally end. Past ceasefires have been short lived.

Bloodshed

Women and young children were killed in a relentless Israeli attack — the worst in this round of fighting.

- Rescuers pulled the bodies of several children from the ruins of a house, including a toddler and a five-year-old, as survivors and bystanders screamed in grief. Later, the bodies of the children were laid out in the morgue of Gaza City's Shifa Hospital. Among the 11 dead were four small children and five women, including an 80-year-old.

Palestinians run to take cover during an Israeli air strike on a building in Gaza City on Sunday. ADEL HANA/THE ASSOCIATED PRESS

Quoted

"The Israeli military is prepared to significantly expand the operation."
Israeli Prime Minister Benjamin Netanyahu

As the offensive moved forward, Israel found itself at a crossroads — on the cusp of launching a ground offensive into Gaza to strike an even tougher blow against Hamas, or pursuing Egyptian-led truce efforts.

"The Israeli military is prepared to significantly expand the operation," Israeli Prime Minister Benjamin Netanyahu declared at the start of the weekly Cabinet meeting.

At the same time, Gaza militants continued their barrage of rocket fire at Israel, firing more than 100, including two at Tel Aviv. More than 10 Israelis were injured by shrapnel, two moderately, according to police spokesman Mickey Rosenfeld. Israel's "Iron Dome" rocket-defence system shot down at least 30 rockets, including the ones aimed at Tel Aviv.
THE ASSOCIATED PRESS

Syrian gunfire draws shelling from Israel

Israel shelled Syrian fighters after gunfire from their civil war spilled over to the Israel-controlled Golan Heights, the military said Sunday, as the conflict appeared to inch closer to the Jewish state.

The civil war in Syria has renewed tensions in the Golan Heights, a strategic plateau that Israel captured from Syria in the 1967 war. Despite constant hostility between the two countries, Syria has been careful to keep the border quiet since the 1973 Mideast war.

In recent days, Israeli troops have fired into Syria twice before, responding to what appeared to be stray mortar shells exploding in Israel-held territory. On Sunday, an Israeli military spokesman said soldiers fired artillery toward the source of gunfire late Saturday night.

Speaking on condition of anonymity according to protocol, the spokesman said the military identified a hit. He did not know if the targets were Syrian rebels fighting to topple President Bashar Assad or forces loyal to him. Though the two nations have been bitter enemies, Israel is concerned that if the Assad regime is toppled, Syria could fall into the hands of Islamic extremists.

While it is widely believed that Assad does not want to pick a fight with Israel, some in Israel warn that if his situation becomes desperate, the embattled Syrian leader might try to draw Israel into the fighting as a distraction.

The Britain-based Observatory for Human Rights said opposition fighters clashed with troops around rebellious Damascus suburbs. The military repeatedly shelled them with artillery. Heavy fighting was also reported in Aleppo, Syria's largest city and a major front in the civil war since the summer. Clashes have been particularly fierce around an army base known as Base 46 in Aleppo province, according to Rami Abdul-Rahman, the Observatory's head. He said rebel units ousted regime troops from parts of the installation on Sunday.

Clashes were also in progress in the eastern oil-rich province of Deir el-Zour, where the rebels took control of the Hamdan airport on Saturday.

The airport, near the town of al-Boukamal along the border with Iraq, has been turned into a military base. Rebels have been making advances in the town for weeks, seizing control of the military security building and a checkpoint at the edge of al-Boukamal earlier this week.
THE ASSOCIATED PRESS

Syrian uprising

- **Ongoing battle.** Fighting has raged nationwide over the weekend, killing at least 108 people on Saturday alone, according to activists.
- **Death toll.** More than 36,000 people have been killed since the Syrian uprising began in March 2011.

A Syrian fighter shoots his weapon through a hole in the wall during clashes with Syrian army forces in the town of Harem on the outskirts of Idlib, Syria, Saturday. KHALIL HAMRA/THE ASSOCIATED PRESS

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Retailers challenge French naming law

Quebec. Language watchdog orders move to French names or slogans for retailers

Gap is one of six major retailers protesting the Quebec language watchdog's insistence on French names or slogans. DIMAS ARDIAN/GETTY IMAGES FILE

Several major retailers are taking the Quebec government to court over the provincial language watchdog's insistence they modify their commercial brand names to include some French.

The six retailers are some of the biggest names in North America — Walmart, Best Buy, Costco, Gap, Old Navy and Guess. Their lawyers are expected in Quebec Superior Court on Thursday.

Quebec's language watchdog, the Office Quebecois de la Langue Francaise, wants the retailers to change their signs to either give themselves a generic French name or add a slogan or explanation that reflects what it is they're selling.

For example, Walmart, a household name on the retail scene that doesn't really have a French equivalent, could change its signs to "Le Magasin Walmart."

But retailers say the language laws have not formally been changed and they will ask the courts to decide whether the language office has the right to make new demands.

According to Section 63 of Quebec's French Language Charter, the name of a business must be in French. But it hasn't generally been applied to trademarked names.

Nathalie St-Pierre, vice-president for the Retail Council of Canada's Quebec branch, says the province wants to change the rules without having modified the law.

St-Pierre says the six have complied with the rest of Quebec's requirements for many years. THE CANADIAN PRESS

Console wars

Wii U faces new world on release

On Sunday, Nintendo Co. is launching the Wii U, a game machine designed to appeal both to the original Wii's casual audience and hardcore gamers. The Wii U's predecessor has sold nearly 100 million units worldwide since 2006.

But the Wii U arrives in a new world of casual gaming on smartphones, tablets and Facebook. THE ASSOCIATED PRESS

First class

Qatar Airways won't go budget

The head of fast-growing Qatar Airways says there are no immediate plans to launch a budget airline to compete with Dubai's expanding low-cost carrier, Flydubai.

Instead, CEO Akbar al-Baker is quoted by the Dubai-based Khaleej Times as saying Qatar Airways will concentrate on enlarging its global network as part of rivalries with Gulf carriers Emirates and Abu Dhabi-based Etihad Airways. THE ASSOCIATED PRESS

Shopping. Stores bank on Black Friday going mainstream in Canada

Canadians may be warming to U.S. traditions. In this file photo, people shop at Times Square's Toys "R" Us. HIROKO MASUIKE/GETTY IMAGES

The Canadian holiday-shopping season is looking decidedly more American this year as retailers schedule a rush of Black Friday events in hope that consumers will shop at home, rather than south of the border.

Black Friday, widely considered the busiest shopping day of the year, is timed to Thanksgiving in the U.S. It may just be a random November day for Canadians, but shoppers are increasingly buying into Black Friday and Cyber Monday, when online retailers hold their sales.

A CIBC poll conducted by Harris/Decima released Monday suggests nearly one in 10 of the 1,000 Canadian respondents plan on making a purchase during the sales period — suggesting that millions of Canadians will be shopping for holiday deals this weekend.

Many Canadian retailers have jumped on the trend as a new way to angle a promotion, says Mark Satov, founder of management-consulting firm Satov Consultants Inc.

"You're creating the impression that everything is on sale, and when consumers get there, everything doesn't have to be on sale, but they're there anyway, so they're going to buy."

But Canada's version of Black Friday won't be everything it's hyped to be, some suggest.

"It's a myth," says retail consultant Jim Danahy of CustomerLAB. "Stores are not bringing merchandise in any sooner than they were before. They are not changing their promotional calendars. It is simply the super-imposition of a term that exists in the United States here." THE CANADIAN PRESS

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SMOKING STATISTICS TOUGH TO INHALE

URBAN COMPASS
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What does it take?

That's the question you have to ask yourself after the Metro story headlining the fact that Canada's cigarette labels are among the best in the world.

Or is that the worst? Gruesome photos of people eaten alive by cancer take up 75 per cent of cigarette packages and other forms of tobacco such as roll-your-own, smokeless, and water-pipe tobacco.

Labelling not enough

So while Canada is doing a pretty good job of scary cigarette packages, ranking fourth in the world, according to the Canadian Cancer Society, it's obviously not good enough.

After looking at the graphic photo of what smoking did to Bryan (for example), I find it inconceivable that anyone would ever smoke again, never mind actually pay more than 10 bucks for a package of cigarettes.

It's like buying a bottle of poison with a giant picture of skull and crossbones on it, unscrewing the cap and chugging the contents.

So while Canada is doing a pretty good job of scary cigarette packages, ranking fourth in the world, according to the Canadian Cancer Society, it's obviously not good enough. Especially in Saskatchewan, which, Statistics Canada says, has had the highest youth smoking rate in the country nine years running.

And it's by a wide margin. The national average is 12 per cent for 15-19 year-olds; in Saskatchewan that number is 20 per cent.

Generally, the cancer-death rate is down across the country. Between 1988 and 2007, the rate dropped 21 per cent for men and nine per cent for women, but it's still our No. 1 killer.

And 20 per cent of the next generation in this province is eagerly subtracting at least nine years from its life expectancy.

So what does it take? An outright ban, which has never worked for any kind of drug, never mind one that's already legal? Or imposing a ban in increments, which is going on right now across the country? In Saskatoon, Mayor Atchison has gone on record as supporting a ban at children's playgrounds and sports fields.

What, you can smoke at a children's playground? So that's where kids pick up the idea.

Smoking rates have fallen or stabilized among adults, both men and women, but as this province's youth smoking rates show, it's a tenacious as well as deadly bad habit.

Full disclosure: I was once a dumb teenager. I started smoking at 16 and didn't quit until I was 27. Now, a few (OK, quite a few) years later, and although I go for a run every day, I'm enjoying its legacy: a lingering case of asthma.

Back then, no one could tell me anything either. No matter how scary.

President takes enlightening trip

CAROLYN KASTER/THE ASSOCIATED PRESS

Leaning statue of Buddha

Obama kicks off three-day Asia tour

U.S. President Barack Obama and U.S. Secretary of State Hillary Rodham Clinton tour the Wat Pho Royal Monastery with Chaokun Suthee Thammanuwat, a member of the temple, in Bangkok, Thailand, on Sunday.

The Temple of Reclining Buddha, formally known as Wat Pho, was the first stop on Obama's Asian tour that will also take him to Myanmar and Cambodia.

Obama arrived at the temple, one of Thailand's most famous temple compounds, to marvel at its centrepiece — a gigantic, golden statue of a reclining Buddha propped up on one elbow before passing into nirvana.

The visit was meant to give Obama a taste of Bangkok. Visits to see the king and the Thai prime minister were saved for later.

But one thing Obama did not get to see as he sped through Bangkok was the city's infamous traffic jams.

All roads leading to Wat Pho and his other destinations were blocked and cleared of cars as part of security measures that included bomb squads and shutting the temple to the public hours in advance.

THE ASSOCIATED PRESS

Changing times

"This is not an endorsement of the government.... This is an acknowledgement that there is a process underway inside that country that even a year and a half, two years ago, nobody foresaw."

U.S. President Barack Obama on Sunday, before embarking on his landmark trip to Myanmar. He was attempting to assure critics that his visit was not a premature reward for a long-isolated nation still easing its way toward democracy.

Post-election trip

1st

Obama was set to become the first U.S. president to visit Myanmar, with Air Force One scheduled to touch down in Yangon on Monday morning. Though Obama planned to spend just six hours in the country, the much-anticipated stop came as the result of a remarkable turnaround in Myanmar's relationship with the U.S. For his first post-election trip, he tellingly settled on Asia, a region he has deemed as crucial to America's prosperity and security.

Online

For the latest on Obama's Myanmar trip, visit metronews.ca

Oh baby

Woman stopped for speeding gives birth on side of road

A police officer who pulled over a pregnant woman for allegedly speeding west of Kingston, Ont., Sunday morning ended up helping deliver her baby on the side of the road.

Police say the driver from Stirling-Rawdon Township was in labour and racing to hospital when the officer stopped her vehicle (on North Front Street) in Belleville around 4:30 a.m.

With the officer's help, the woman gave birth to a baby boy by the road, right in front of a grocery store.

Police say both mother and child were transported to hospital and are doing well. CJBQ/THE CANADIAN PRESS

Metropolitan Panel

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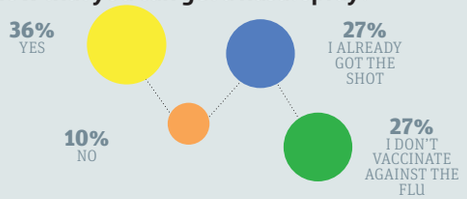
Are you more likely to get the flu vaccine now that you can get a nasal spray?



Twitter

@shannycdn: Just spending my day with Howler you know just a typical Sunday in #yxe @huskieathletics

@MelKeez: I found my breeder!!!! In about two-three years I'll be making a trip out to sask to pick up my little Porter #valleybulldog #millan #love

@brookiebee95: 2am Timmies run...Happy to discover Tims is just as good in sask as it is in bc. #sold

@RogerMcComas: Gene Makowsky speaks in Spiritwood Saskatchewan. Great guy!! #RiderNation . #Sask Party

@BigMac449: Got some winter gear today! Getting ready for running in Sask! Gonna get chilly out there

metro
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It's a hat trick for the Biebs

AMAs. Bieber shouts out to haters when he wins his first of three awards, while Nicki Minaj takes home two

Exclusively online

For more shots of entertainers from the show and a full list of the winners, visit metronews.ca/scene.

Carly Rae Jepsen, of Call Me Maybe fame, jumps out of a pink telephone booth at the show. Jepsen won favourite new artist. "I am floored. Wow," she said. ALL PHOTOS GETTY IMAGES

Justin Bieber and Nicki Minaj performed together — and separately — at the American Music Awards. They both were also both multiple award winners.

Bieber's wins included the show's top award, artist of the year.

The singer's mom joined him onstage as he collected the top award.

He looked to his mom: "I wanted to thank you for always believing in me."

The 18-year-old won also won favourite pop/rock male artist in the first award handed out at Sunday's American Music Awards and gave a shout-out to those who didn't think he would last on the music scene.

"I want to say this is for all the haters who said that I was just here for one or two years. I feel like I'm going to be here for a very long time," he said, also thanking his mom, manager, family and his "beautiful, beautiful fans."

He also won favourite pop/rock album for Believe. He gave a stripped down, acoustic performance of As Long As You Love Me, sitting down as someone played the guitar. He transitioned to the dance-heavy Beauty and a Beat, where Minaj joined him onstage, grinding with the teen for a few seconds.

Minaj repeated her AMAs wins from last year, picking up trophies for favourite rap/hip-hop artists and album for Pink Friday: Roman Reloaded. She was in an all-white get-up, including fur coat and pink hair when she performed her new song Freedom. The scene was ghostly and snowy, as a choir — also in white — joined her onstage. One background singer stole the performance, belting semi-high notes as Minaj looked on.

As Bieber won his second award, he was kissed on the neck by Jenny McCarthy, who presented the award.

"Wow. I feel violated right now," he said, laughing.

Bieber's red and black outfit seemed to be the night's theme, as Taylor Swift and Usher wore similar ensembles.

Usher kicked off the three-hour show with green laser lights beaming onstage as he performed a medley of songs, including Numb, Climax and Can't Stop, Won't Stop, which featured a smoky floor and a number of backup dancers, as Usher jammed in all black, with the exception of his red shoes.

Nicki Minaj tied Rihanna for most nominations.

Justin Bieber, accepting one of his three awards of the night.

Usher kicked off the awards with the first performance of the night.

Swift won her fifth consecutive award for favourite country female artist.

"This is unreal. I want to thank the fans. You guys are the ones who voted on this," she said.

Along with Rihanna, Minaj was the top nominee with four nominations.

"I don't do music for awards," the 29-year-old said in an interview.

"I know they're going to come. I'm sitting here looking at my awards right now," she continued with a laugh. "I never stress it. I think of myself as 'I'll have a career long enough to get all those different awards."

THE ASSOCIATED PRESS

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Saskatoon Wildlife Club is located 3 miles north of Central Avenue and Attridge.

Bieber pulls a Romeo outside Gomez's gate... but with swear words?

Justin Bieber ALL PHOTOS GETTY IMAGES

Justin Bieber certainly seems to be trying to patch things up with Selena Gomez following their split two weeks ago — but it might be no use. After being spotted sneaking into the Four Seasons Hotel in Beverly Hills together Friday afternoon, the pair reportedly hit up Japanese restaurant Yamato in Encino, Calif. That outing, though, didn't go so well, according to Us Weekly. "They had just sat down and didn't order anything when they started to fight. Ten minutes later, they stormed out without speaking and she drove off in her car," a source says, adding that Bieber followed her to her home but couldn't make it past her gated driveway. He reportedly started yelling her name over the fence and began "swearing and yelling and lost his temper" when he realized he was being photographed.

Britney Spears

Britney may have her hooks in a little too deep for fiancé's liking

Trouble may be brewing between Britney Spears and fiancé Jason Trawick, according to Us Weekly. Sources say that Spears has become something of a nag and makes Trawick "check in with her" and it's driving him crazy. A source adds that Trawick will "put her on speakerphone so friends can hear her nagging." Spears' reps, though, say there's no truth to the story, calling it fabricated.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Rihanna Unapologetic about her Cockiness

Rihanna opened her show in Paris on Saturday, just as in Stockholm on Friday, with Cockiness — which is a fitting kickoff song, and it seems like the perfect way to describe her attitude while promoting her new album, Unapologetic (a title which is also in line with her current attitude).

The Paris gig at the beautiful Le Trianon theatre was a short one — only about 45 minutes due to an early curfew. However, the after-show party at exclusive club VIP on Champs Elysées did not disappoint. When the singer arrived around 3 a.m., she was joined by an entourage that included P. Diddy, Pharrell Williams, Omarion and Akon.

"We are here for Rihanna," P. Diddy announced, "and she has a wish. Only hip-hop!"

The music changed instantly and the party got started.

Guitarist Nuno Bettencourt first made his name in the Boston rock group Extreme, but for the past three years he has been Rihanna's go-to guitarist. He says he enjoys playing the more intimate gigs on this tour.

"I definitely see another side of her on stage," he told me on the plane yesterday. "Tours tend to be overly choreographed. It's not just the dancing, but where you walk and when to talk to the audience. Now I've seen her free to say exactly what she wants — even though it isn't completely fit for children's ears."

METRO'S KATARINA MATSSON HAS FOLLOWED RIHANNA ON HER JET DURING THE PARTIES AND PERFORMANCES OF HER 777 TOUR. MATSSON HAS BEEN ONE OF THE FEW REPORTERS ALLOWED ON THE PLANE.

Taylor Swift

Dear Taylor: Swift serving as resident love doctor for Seventeen

With an impressive number of failed romances under her belt — and the songs of heartbreak to prove it — Taylor Swift might be the last person you'd want to listen to for relationship advice, but Seventeen magazine is letting her do just that. Swift is serving as a guest advice columnist for the magazine's December issue. "Remember that people have to fall in love with you because they want to, not because you want them to," Swift writes. "Don't chance ruining your friendship by chasing him before he's ready. You just have to wait for him to turn it into something more, if and when he wants to."

Joe Simpson

Simpson sees his day of sentencing

Joe Simpson had his day in court last week, pleading not guilty to two charges of driving under the influence stemming from his Aug. 4 arrest, according to E! News. Despite the plea, Simpson was sentenced to 36 months of probation and fined $390 plus penalties. He was also ordered to complete a three-month alcohol education program.

Twitter

@WhitneyCummings
I think someone needs to tell the Victorias Secret fashion show about porn

@iJasonAlexander
I have filled the basement with Twinkies and Wonder Bread. They will probably outlive me. I am ready for the End Times now.

@msleamichele
Ok so Ringo Starr just walked passed me at the recording studio and said hi to me. What?!?!

@GarryShandling
If you're head of the CIA and can't hide an extramarital affair it means it can't be done. Case closed, fellas.

Travel etiquette

Grooming grief

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Imagine sitting at a restaurant and the person next to you starts cutting his or her nails. It would be exceptional, yet it isn't uncommon to witness a fellow passenger doing this on an airplane, where you are seated considerably closer to them.

Don't be that person. In fact, don't do anything with your nails — polishing, unpolishing, clipping, or biting. Particularly if they aren't your fingernails. Got a pimple or anything else you feel the need to squeeze? Leave it alone until you're in the bathroom, please. Something stuck in your teeth? Flossing and picking them in your seat is a definite no-no. Sprays of any kind (hair, perfume, spritzers) always have collateral damage. Feel a desperate need to brush yours (or your child's) hair? Don't do it. Refrain from putting on makeup, beyond a slash of lipstick.

Lastly? The pull down tray in front of you is not a baby's change table.

Emergency or not, change your baby in private. ISTOCK

Exclusively online

Baby, it's cold outside. And is that green stuff oozing out of your nose? Cue hysterical WebMD surfing and an exponential increase in number of orders barked at Daddy. Follow along with the comedic (mis) adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices.

Massage rubbing off on parents looking to bond with their babes

Touch therapy. Take a little bit of time to help your little one relax — it has plenty of health benefits

DOROTHY ROBINSON
life@metronews.ca

The key to the baby massage? Relax, enjoy and have fun. ISTOCK

Spending just a few minutes each day massaging your baby can help to increase the bond, interaction and communication between the two of you. But how do you start? Tina Allen, an internationally respected educator, author and expert in the field of infant and pediatric massage therapy, shares her advice.

1. Choose the best time and place. Creating the best environment for massage is an ideal way to give yourself and baby time to relax. Choose a familiar place that is warm, quiet and with few distractions.

The best time for massage is when baby is awake, healthy and happy. Some babies prefer the morning, while others prefer the afternoon or before bedtime.

2. Be comfortable. Relax, enjoy and have fun. Position yourself so that you are comfortable. Be sure baby is safe and placed on a soft area. Keep in mind that babies roll and become slippery when using oil. Be sure your hands are warm and clean before you begin.

3. Consider a massage oil. While it is not required, using oil can help make massages more enjoyable for some babies and parents. Olive oil and grapeseed oil are some of the best choices for infant massages. However, if you choose to use lotions, be sure to choose a nontoxic option, like Seventh Generation baby lotion, which contains olive oil as a main ingredient.

4. Listen in. Infant massages can be a wonderful tool for increasing your communication. Massage is not something that parents do to their baby, but rather with their little one. Listen to your baby. He or she will give you the signals to let you know his or her comfort level.

5. Know when not to massage. Never provide massage when your baby isn't receptive to it (when sleeping, crying or fussy).

Avoid massage when your infant is ill, has a fever or infection, or if your little one has broken skin, a rash or bruising.

Wait at least 48 to 72 hours following immunizations, and for a tummy massage, wait 30 minutes after eating. If your child has any special health care needs, seek further guidance as to what would be the safest approach.

Benefits for baby

Here's how a massage can help your youngster.

- **Encourages healthy weight gain**
- **Increases brain development and growth**
- **Stimulates all systems of the body**
- **Aids in digestion**
- **Eases discomforts associated with gas, constipation and congestion**

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Trevor brings with him 11 years of experience in treating musculoskeletal injuries. He is a *Certified Strength and Conditioning Specialist* as well as a credentialed *Acupuncturist.* His talents will add to the high level of patient care we focus on in our clinic.

Trevor invites his previous clients to see him in his new facility and will be accepting new clients as well.

Jason Flaman BScPT
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jasonflaman@shaw.ca

Trevor Donald BScPT
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Linda Boryski BScPT
Cert. Powerskating Instructor
lindaboryski@shaw.ca

Fire up your weeknight with a quick and easy Pot au Feu

This Pot au Feu takes 40 minutes and serves four. THE ASSOCIATED PRESS

Here is an untraditional weeknight version of the French stew known as Pot au Feu.

1. In a large saucepan over medium-high heat, combine the broth, carrots, parsnips, turnips, leek, garlic, thyme sprig and bay leaf. Bring to a boil and simmer for 15 to 18 minutes, or until the vegetables are tender. Meanwhile, in a large skillet over high, heat the oil. Season the steak with salt and pepper.

2. When the oil in the skillet is hot, reduce the heat to medium-high and add the steak. Sauté until well browned on both sides and medium-rare at the centre, 8 to 10 minutes total. Transfer beef to a plate, cover loosely with foil, and let rest 5 minutes. After 5 minutes, thinly slice beef against grain.

3. In a small bowl, stir together the yogurt, wasabi and any juices from the beef plate. Season with salt and pepper. Discard the thyme sprig and bay leaf, then divide the vegetables and broth among four soup bowls. Arrange a quarter of the steak in the centre of each bowl and top portions with a spoonful of wasabi cream and a sprinkle of chives. THE ASSOCIATED PRESS

Ingredients

- 6 cups low-sodium chicken broth
- 2 medium carrots peeled and sliced 1/2 inch thick
- 2 medium parsnips peeled and sliced 1/2 inch thick
- 2 small turnips peeled, quartered and sliced 1/2 inch thick
- 1 medium leek, white part only, halved lengthwise, sliced 1/2 inch thick and rinsed well
- 2 cloves garlic, minced
- 1 sprig fresh thyme (or 1 teaspoon dried)
- 1 bay leaf (Turkish)
- 2 teaspoons olive oil
- 1 pound flank steak
- Kosher salt and ground black pepper
- 1/3 cup fat-free plain Greek yogurt
- 1 teaspoon prepared wasabi
- Chopped fresh chives or parsley

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com

The Keg is a well-known steak house, but that doesn't mean everything on its menu is healthy. Watch out for the enormous amounts of calories and sodium in some of its items.

Prime rib (10 oz) with mushrooms, jus, horseradish, and frizzled onions

1,050 calories / 59 g fat / 2,543 mg sodium

Prime rib is the one cut that is the most damaging to your health. It's marbled with fat throughout and half the calories come from fat. The sodium is high due to the au jus giving you 1 ½ day's worth.

Equivalent

Equivalent to 10 tbsp of butter in calories

Sirloin steak (12 oz) with vegetables

511 calories / 22 g fat / 651 mg sodium

The Sirloin does not have fat marbled throughout and you can trim the outside fat, making this a healthier cut. It's even 2 ounces more in weight and yet surpasses the prime rib in nutrients.

Pull flank on complex recipes with overlooked cut of beef

This flank steak dish takes 30 minutes and serves four. THE ASSOCIATED PRESS

Flank steaks are lean cuts from the rear side of the cow and are characterized by rich, deep beefy flavour and a slightly chewy texture. For the weeknight home cook, flank steaks are the perfect cut. They can be tossed with a marinade the night before and left in the refrigerator until dinner. And they cook in just minutes on the grill or under the broiler. As with all meat, flank steak should rest for 5 to 10 minutes after cooking before slicing to let the juices redistribute.

1. In a blender, combine the vinegar, garlic, peppercorns and 1 teaspoon of kosher salt. Blend for 20 seconds, then transfer to a wide, shallow bowl.

2. Add the steak to the marinade, turning to coat. Refrigerate for at least 30 minutes. When ready to cook, heat the broiler with a rack 6 inches from the heat. Line a rimmed baking sheet with foil, then coat it lightly with cooking spray.

3. Cut each pear half into 4 slices, then arrange them on one half of the prepared baking sheet.

4. Remove the steak from the marinade and set it on the other half of the sheet. Broil everything for 5 minutes, then use tongs to flip the steak and pears. Broil for another 5 minutes for medium-rare.

5. Let the steaks rest for 10 minutes, then cut into thin slices against the grain. Divide the slices between 4 serving plates, then top each with pear slices.

6. Top each serving with a bit of crumbled blue cheese.
THE ASSOCIATED PRESS

Ingredients

- 1/4 cup balsamic vinegar
- 2 cloves garlic
- 1 tablespoon black peppercorns
- Kosher salt
- 1 1/2 pounds flank steak
- 2 pears, peeled, halved and cored
- Crumbled blue cheese, for topping

Bourbon Java Steak Tips.
Instant coffee may not be good in a mug, but does wonders on a dinner plate

While instant coffee is not everyone's favourite jolt to wake up to, it can effortlessly add tons of depth and flavour at the dinner table.

1. In a blender, combine the bourbon, brown sugar, coffee granules, soy sauce, garlic and ginger. Purée until smooth, then transfer to a large zip-close plastic bag. Add the steak tips to the bag, close the bag, then turn to coat the meat with the marinade. Refrigerate at least 1 hour and up to overnight.

2. When ready, heat the broiler with an oven rack 6 inches from the heat. Remove the steak tips from the bag. Add the onions to the bag, close, then turn to coat. Transfer the onions and the marinade to a large roasting pan.

3. Set the onions under the broiler and cook for 3 to 4 minutes. Remove the pan from the heat, set the steak tips over the onions, then return to the broiler. Broil for 5 to 6 minutes, then turn the tips and broil for another 5 to 6 minutes. Let the meat rest for several minutes, then serve with onions spooned over them.
THE ASSOCIATED PRESS

Ingredients

- 1 cup bourbon
- 1/2 cup packed brown sugar
- 1/4 cup instant coffee granules
- 1/4 cup soy sauce
- 4 cloves garlic
- 1-inch chunk fresh ginger
- 2 pounds sirloin steak tips
- 3 large yellow onions, chopped

‘My hobby gone wild’

Nothing to wine about. Up-and-coming urban winery winning praise in unlikely zone

Maurice Hamilton, left, and Frank Gregus raise a glass at their winery in an industrial area of New Westminster, B.C.
DARRYL DYCK/THE CANADIAN PRESS

When you picture a winery, you might imagine a rustic building nestled among breezy rows of grapes, not a cinder block bunker squeezed between a rail switching yard and an urban highway.

But the gritty industrial zone that Pacific Breeze winery calls home, with its tangle of transportation lines, chain link fences and blacktop, hasn’t stopped this urban winery from scoring a string of top awards only a few years after being launched by a couple of amateur winemakers.

“This is my hobby gone wild,” said Pacific Breeze co-owner Maurice Hamilton, who founded the winery in 2005 with his partner, Frank Gregus, after the two met at a wine club in Coquitlam, B.C.

Hamilton, who still works at his original job selling dental supplies, and Gregus, a former Pepsi salesman, have no formal training in making wine, but between them claim more than 50 years of experience producing wine in their garages and basements. Running a commercial winery was only a dream, until Hamilton visited Woodinville, Wash., where he found small wineries operating without vineyards.

“It gave me the idea I don’t have to grow grapes to have a winery. So that was really the a-hah moment, the revelation that, wait a minute, I can do this,” he said, envisioning a stand-alone winery. He pitched the idea to Gregus, who was quickly on board.

“You put two entrepreneurial salespeople in a room and this is what happens,” Gregus said.

With an initial investment of $1.2 million, including bank loans and some of their own money, the partners set up Pacific Breeze, inspired by the urban wineries they’d seen in the U.S. and the so-called “garagist” small winery movement in Europe.

Picking the New Westminster industrial area was a matter of zoning, price and convenience, but Hamilton admits it’s a tough sell when they’re trying to lure people in to sample their products.

“People come into the tasting room all the time and go, ‘Oh wow, where’s the winery?’ And you know what they’re asking is, ‘Where’s the vineyard?’ Of course they think they’re the same thing, but they’re not. The vineyard is where you grow the grapes; the winery is where you do the manufacturing,” Hamilton said.

The partners say having a vineyard can limit the quality of wine they can make, and their approach is to cherry pick the best grapes they can find in Washington, Oregon and California.

“So rather than have it all in one area, we take the best that each area has to offer for that particular variety of grape,” Gregus said.

Cheers!

“Virtually everything we put in won best in its class. We were really proud of that.”
Maurice Hamilton
Pacific Breeze co-owner

Harry Hertschag, executive director of the Vancouver International Wine Festival, said the key issue for him is the source of grapes is made clear on the label so consumers know exactly what they’re getting.

“I think it’s great that Pacific Breeze is doing that because they’re telling you what vineyards its coming from and that’s a good thing,” he said.

He also sees a growing movement of having wineries that are closer to their marketplace.

“I think we’re going to see more of these type of urban wineries, which also allow people to visit them, or be able to use those spaces for wine events without having to drive five hours to the Okanagan to have that experience,” he said.

Hamilton and Gregus currently produce 5,000 cases a year, including reds like the winery’s signature cabernet Killer Cab, a zinfandel called Assazin and whites like chardonnay and pinot gris.

Their wines proved an immediate hit, with Pacific Breeze claiming awards at the first competition it entered — in San Francisco in 2005 — before being named winery of the year in 2010 at the InterVin International Wine Awards in Toronto.

“Virtually everything we put in won best in its class,” Hamilton said. “We were really proud of that.”

“There’s a thousand decisions that go into making wine from grapes to bottle,” Gregus said of the company’s awards. “But one thing that doesn’t change is if you don’t have great fruit you cannot make great wine.”

THE CANADIAN PRESS

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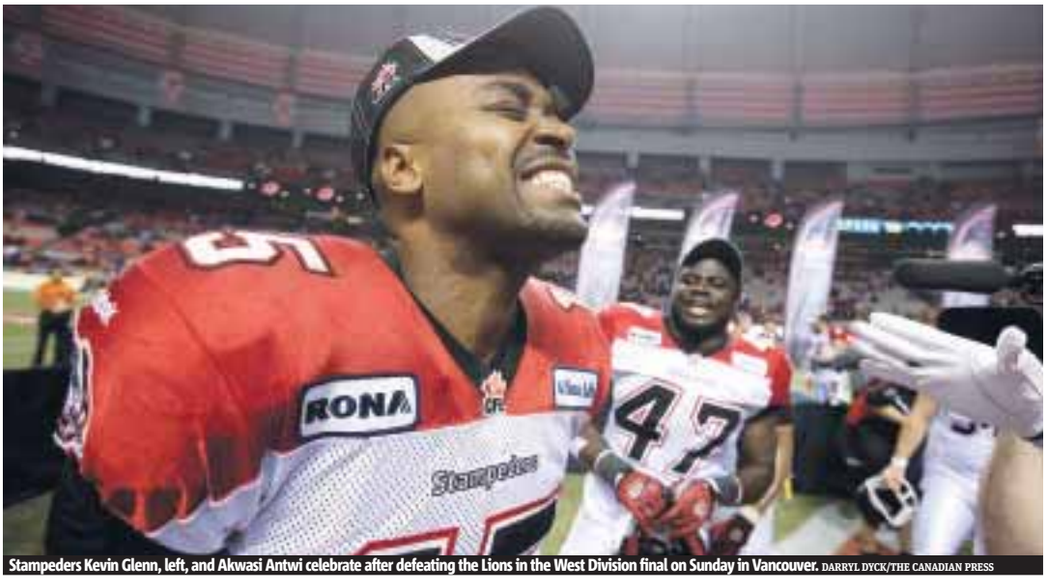


Stampeders Kevin Glenn, left, and Akwasi Antwi celebrate after defeating the Lions in the West Division final on Sunday in Vancouver. DARRYL DYCK/THE CANADIAN PRESS

Stamps' Glenn rises to West final test

CFL. Calgary quarterback will get championship chance after years of disappointment

Quoted

"You know this was a game to have an opportunity to play for a championship, and Calgary earned it today."
B.C. Lions quarterback Travis Lulay

At long last, Kevin Glenn is going to get a chance to play in the Grey Cup.

Glenn threw for three touchdown passes as the Calgary Stampeders upset the B.C. Lions 34-29 in the CFL West final on Sunday before a disappointed crowd of 43,216 at BC Place Stadium.

The Stampeders, who finished second in the West Division behind B.C. during the regular season, will play the Toronto Argonauts in the CFL title game next Sunday in Toronto.

The loss denied the Lions a second straight Grey Cup.

Glenn drew the starting quarterback assignment after Drew Tate fractured his forearm in last weekend's West semifinal win over Saskatchewan, ending his season.

Glenn has now earned a Grey Cup berth for the first time in his well-travelled, 12-year CFL career.

"It means a lot to actually be able to actually get a team there and actually be playing in the game," said Glenn.

He was denied the opportunity in 2007 after he led the Winnipeg Blue Bombers to victory in the East final but, ironically, also suffered a fractured arm. That year's Grey Cup, which the Bombers lost to the Saskatchewan Roughriders with Winnipeg backup quarterback Ryan Dinwiddie making his first start of the season, was also in Toronto.

Glenn, a 33-year-old Detroit native, was not expected to play much this season after being acquired in an off-season trade from Hamilton as part of the package for former Calgary QB Henry Burris.

Instead, Glenn played most of the Stampeders' games because Tate suffered an early season shoulder injury, and then was bypassed for the first playoff game.

Marquay McDaniel, Maurice Price and Romby Bryant caught Glenn's touchdown passes. Backup quarterback Bo Levi Mitchell ran for another TD, while kicker Rene Paredes supplied the rest of Calgary's points.

"The line gave me great protection and we were able to get behind their (defensive backs) and throw the ball deep and take some shots, and that's what we'll have to do when we get to Toronto," said Glenn, who completed 15 of 24 pass attempts for 303 yards.

Lions defensive back Korey Banks, on an interception, and receiver Nick Moore on a last-minute reception, scored touchdowns for the hosts.

Paul McCallum provided B.C.'s other points by kicking five field goals.

"It's a disappointing day," said Lions quarterback Travis Lulay, who completed 33 of 46 passes for 274 yards. "You just hate to come up short in the big one." THE CANADIAN PRESS

WHL

Blades top Giants with outburst in third period

The Saskatoon Blades scored three unanswered third-period goals in a 5-2 win over the Giants on Sunday in Vancouver.

Nick Zajac, Matej Stransky and Duncan Siemens scored goals four minutes and 10 seconds apart in the final period to boost the Blades to the win.

The third period started with the teams tied 2-2, after Vancouver conjured a pair of goals late in the first period to get on even terms.

Saskatoon opened the scoring with two quick goals just before the midway point of the first period.

The Blades also got a 4-0 win on Friday night over the Cougars in Prince George.

CAM TUCKER/METRO IN VANCOUVER

NFL

Packers keep streak alive in Motor City

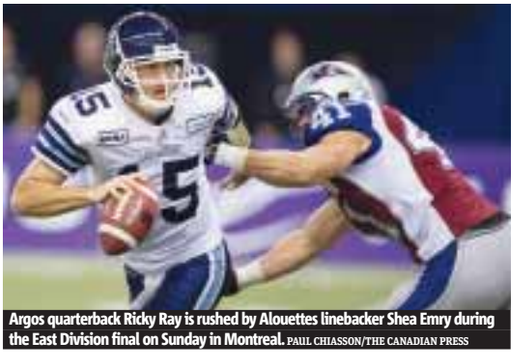
The Green Bay Packers stayed on their roll in Detroit.

Aaron Rodgers threw two touchdown passes, including a 22-yarder to Randall Cobb with 1:55 left, and the Packers came through with a 24-20 win over the Detroit Lions on Sunday for their fifth straight win.

THE ASSOCIATED PRESS

Packers Aaron Rodgers, left, and Jermichael Finley celebrate Finley's touchdown on Sunday in Detroit. GETTY IMAGES

Ray guides Argos' ship into Grey Cup game



Argos quarterback Ricky Ray is rushed by Alouettes linebacker Shea Emry during the East Division final on Sunday in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

The Toronto Argonauts acquired Ricky Ray to get them to a Grey Cup game on home turf, and now they can say "mission accomplished."

A masterful Ray passed for 399 yards and dominated the ground game as the Argos stunned the Alouettes 27-20 in the CFL East Division final before 50,122 at Olympic Stadium on Sunday in Montreal.

"He took some big hits and hung in there," coach Scott Milanovich said of his veteran quarterback. "I thought he played a tremendous football game, but that's what he's here for.

"That's why he's the one we wanted."

The Argos will play in the CFL championship game for the first time since 2004, when they won their 15th Grey Cup with a win over B.C. Sunday's game against Calgary will be played in Toronto.

"It's been a long season for us, but we've stuck together and just played it one game at a time," said Ray, acquired last winter in a trade from the Edmonton Eskimos. "Now we've got the opportunity to do what we set out to do."

Ray threw a TD pass to Dontrelle Inman and Chad Kackert scored on a long run. Swayze Waters added three field goals for Toronto, which had lost to Montreal in three previous East final meetings. THE CANADIAN PRESS

By the numbers

30

The Argonauts last won a Grey Cup at home in 1952, lost one in Toronto in 1982 and now they're home again in 2012 — each game exactly 30 years apart.

Horoscopes

♈ Aries
March 21 - April 20
You need to get tough with someone who has let you down once too often. It is becoming a habit and that's not good for either of you, so let them know this is their very last chance — and mean it.

♉ Taurus
April 21 - May 21
Don't hide yourself away. Don't avoid being seen. The planets indicate you are going to be in the spotlight over the next few days, so you might as well get used to the idea. As ideas go, it's not so bad.

♊ Gemini
May 22 - June 21
You must get your affairs in some sort of order. You must bring balance to what even you can see is a chaotic situation. Your time and your energy are precious, so make sure you get the most from them.

♋ Cancer
June 22 - July 23
You may be tempted to push your luck today, and maybe your gamble will pay off – and maybe it won't. Either way you are right to take the risk. Those who play safe rarely get anywhere worth going.

♌ Leo
July 24 - Aug. 23
Let other people rant and rave if it makes them feel good. You know that raising your voice does not get things done. You know that actions speak louder than words. That's why you'll succeed today while others fail.

♍ Virgo
Aug. 24 - Sept. 23
Don't push yourself too hard. In fact, don't push yourself at all. Most likely you will achieve more today by doing less, though as you tend to work harder than most other people "less" is a flexible term.

♎ Libra
Sept. 24 - Oct. 23
Others may say you are not trying hard enough but you must ignore them. What do they know about who you are and what your aims are? If you are happy with your efforts then nothing else matters.

♏ Scorpio
Oct. 24 - Nov. 22
No matter what other people may offer you by way of reward or recognition, if their aims are not in harmony with your own you must turn them down. The fact is you don't need them and most likely never will.

♐ Sagittarius
Nov. 23 - Dec. 21
A friend or family member will suggest something today and your first reaction will be to reject it. That's understandable, but after a bit of reflection you will come to see they are right. Trust their judgment.

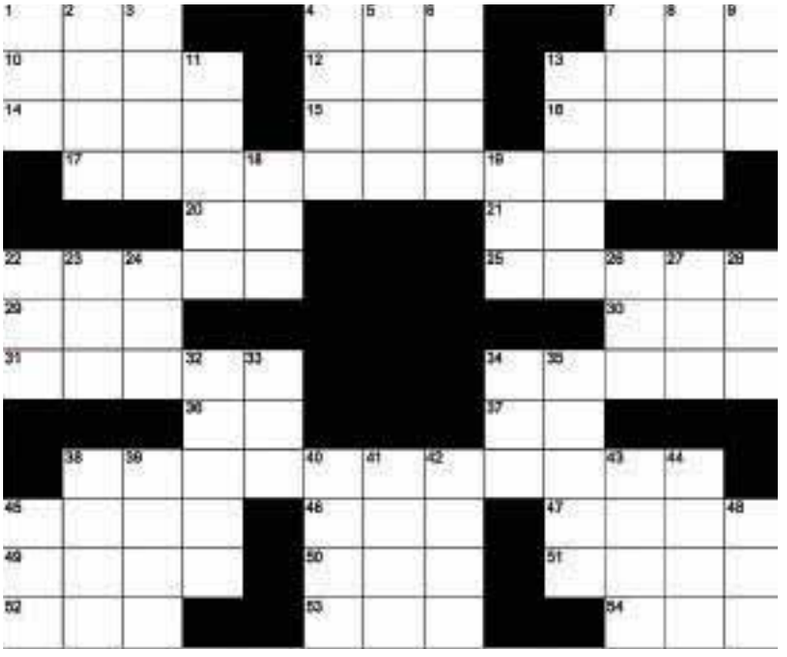
♑ Capricorn
Dec. 22 - Jan. 20
Anyone who thinks you are a bit of a cold fish will be proved wrong over the next 24 hours. Yes, it's true, you have been a bit distant of late but now you are ready to get involved and start sharing again.

♒ Aquarius
Jan. 21 - Feb. 19
The Sun remains in the career area of your chart just two more days, so if there is anything you want to accomplish on the work front make an extra special effort now. Don't think about it, just do it.

♓ Pisces
Feb. 20 - March 20
It may be true that all things are possible but they won't just happen as if by magic. The good news is you are highly motivated and determined to prove yourself – and you'll get your chance over the next few days. SALLY BROMPTON

Canadian Crossword

BY BETTY MARTIN



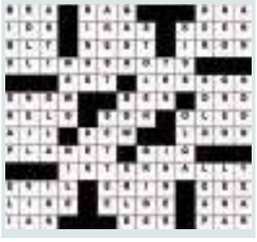
Across

1. Funnyman Carney
4. Banking machine (abbr.)
7. Wager
10. Backside
12. Small inlet
13. Swallow
14. Create
15. — Leoni of The Naked Truth
16. Take home a wage
17. Tangy candies
20. Hospital room (abbr.)
21. Minister's deg.
22. She played Rose on The Golden Girls
25. Estate, for example
29. Fish eggs
30. Dictator Amin
31. Little Orphan —
34. Heard by Perry Mason
36. Not applicable (abbr.)
37. Jr.'s dad
38. Flowery arrangement for the table
45. Roof part
46. Female deer
47. Winglike
49. Always
50. — Got a Secret
51. Canadian Idol judge — Jordan
52. Dancing with the Stars judge Goodman
53. — Aviv
54. Lassie, for one

Down

1. Upper appendage
2. Collect
3. Give or —
4. Johnson of Laugh-In
5. Layer
6. Form of address
7. Whip up an egg
8. Mistakes (abbr.)
9. The Nashville Network (abbr.)
11. Move a fern
13. Looks after
18. Use a crowbar
19. Rhoda's mom
22. Bikini part
23. Time frame
24. Countdown number
26. Bro's sibling
27. Dutch city
28. — the season
32. Inside oneself
33. Dog — Dog
34. —: Crime Scene Investigation
35. Sites
38. Grotto
39. Tied score
40. Revise a manuscript
41. Wander
42. Shed
43. Applaud
44. Go slowly
45. Slippery fish
48. Letters between Q and U

Friday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku

6		9				5		8
	4	7	9		2	3	1	
3								4
			5		3			
	3			6			8	
			7		9			
1								7
	2	6	8		5	1	9	
5		3				4		2

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